

I read the accessible transportation discussion paper, particularly the section on food allergies. I travel with a food related allergy, and was concerned that the only food allergy directly addressed or peanuts, nuts and sesame seeds, which does not include my allergen. I recognize that people have allergies to many different foods and addressing them all is impractical. However, the Government of Canada through Health Canada and other representative agencies and groups have identified 10 priority food allergens and it would seem appropriate to me that these 10 be addressed in the CTA, as a document from the Canadian Government. These 10 allergens are the most frequently associated with food allergies and hence should over safer travel for many individuals who have food allergies.

The allergens are:

- Eggs
- Milk
- Mustard
- Peanuts
- Seafood (Fish, Crustaceans and Shellfish)
- Sesame
- Soy
- Sulphites
- Tree Nuts
- Wheat

I would also encourage training for all staff, particularly those staff on the actual mode of transportation, for example: the flight crew. Currently, I prefer to travel on British Airways to Air Canada - both fly to the destinations I normally require, however, BA's crew has obviously been well trained in the area of food allergies and Air Canada's crew seems to be hit and miss. I can board a BA flight speak with the air crew and not have to provide much education on food allergies but on Air Canada I have had to frequently provide a detailed explanation as they obviously were lacking training in the area. Also, on BA I have never had an issue with preboarding to allow extra time to speak with the air crew and also wipe down my seat, whereas on Air Canada I have had difficulty receiving permission to preboard and hence, end up in the way as I wipe down my seat (I have never been asked not to) and have had difficulty getting to a crew member to speak with them due to the congestions in the aisles during boarding.

I have tried to make arrangements to accommodate my food allergy before the day of travel but usually have no luck with this, so the idea of have clear information on websites about how to do this was appreciated.

I did not notice the requirement for modes of transportation to carry epi-pens (brand name or otherwise). On some modes of transportation this is probably not an issue but on something like an airplane, where medical help is not easily available it would be important that extra epi-pens or medication be available. When I travel I always carry my medication with me, I also carry anti-histamines with me so that they can be used as well. Epi-pens are designed to be an interim measure to control the reaction until proper medical help can be obtain. However, on a longer bus, train or plane rides where help may be some distance away, it may not be possible for me to carry sufficient medication to control any reaction until full medical help can be obtained. I firmly believe as someone with an allergy it is my responsibility to carry my medication with me at all times but back up support may be required depending on the accessible nature of medical aid should a reaction occur and hence, the various modes of transportation should carry medication to assist - much like AED's should be available on them to address emergency situations that they are designed for.

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